

**WESTCHESTER AQUATIC CLUB
WOLVERINES
PRESENT**



**THE TINA FICARELLI MEMORIAL
2021 GLAD WE'RE BACK !
OCTOBER 23-24, 2021**

YONKERS MONTESSORI SCHOOL

YONKERS, NEW YORK

**OLYMPIC SWAG DONATED BY OLYMPIAN KATE DOUGLASS
FOR SELECT HEATS**

SANCTION: #211007

SANCTION Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction:
: #211007

LOCATION Yonkers Montessori School, 160 Woodlawn Avenue Yonkers, New York 10704
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FACILITY: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building.

SESSIONS: **Session 1:** Saturday PM – Distance Session - All Age Groups - Warm-up 2:00 pm
Meet: 3:00 pm

Session 2: Sunday AM Session - Ages 13-14 & Open - Warm-up 9:00 am Meet: 10:00 am

Session 3: Sunday PM – Ages 8&U, 9-10, 11-12 - Warm-up 2:30 pm Meet: 3:30 pm

FORMAT: All events are Timed Finals. The meet will be pre-seeded.

ELIGIBILITY Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. No “Deck Registrations” will be accepted
Age on will determine age for the entire meet.

DISABILITY SWIMMERS Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: Swimmers will be capped at 250 swimmers per session

Saturday Distance Session, Entry Limits

8&Us Swimmers may swim 2 Individual Events and 1 Relay

9-10s Swimmers may swim 2 Individual Events and 1 Relay

11&Overs Swimmers may swim 2 Individual Events and 1 Relay

Sunday Sessions, Entry Limits

Swimmers may swim up to 4 Individual Events per Session and 1 Relay,

The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach.

Please contact Carle Fierro if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted.

U.S. Mail Entries/Payment to:

Westchester Aquatic Club

5 White Birch Road South Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: Carleswim@aol.com Please sign the "signature waiver" on envelope for entries sent by Express Mail

DEADLINE 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams
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2: The final entry deadline for this meet is October 11, 2021.

3: Metro entries received between October 1, 2021 and October 11, 2021 and all entries from other LSC's will be entered in the order they were received, as space allows.

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE: An entry fee of \$ 8.00 per individual event, \$10.00 per relay & a \$10 Facility Surcharge must accompany the entries.

*Swimmers who qualify for Outreach membership are eligible to have fees waived.

Make check payable to: **Westchester Aquatic Club.**

Payment must be received by October 23, 2021 unless otherwise arranged with the meet director for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP: Team Lane assignments will be given at the meet.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

COACHES: In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

AWARDS: **Fun Prizes** will be awarded to all heat winners. Olympic Swag Will Be Awarded to Select Heats

12&U Events: Medals 1st through 3rd, Ribbons 4th place thru 8th Place

OFFICIALS **Meet Referee: Flick Marinello, email: flickdance@msn.com** 845-406-1103
Officials wishing to volunteer should contact Meet Referee by October 10, 2018

ADMIN. OFFICIAL: **Lamar DeCasseres**

MEET DIRECTOR **Carle Fierro, email: carleswim@aol.com**

RULES: The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.

The overhead start procedure may be used at the discretion of the meet Referee.

SAFETY: Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.

“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”

WATER DEPTH: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system.

NO SMOKING ALLOWED IN THE BUILDING.

Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

DISCLAIMER Upon acceptance of his/her entries, the participant waives all claims against Yonkers Montessori School, City of Yonkers & Westchester Aquatic Club , Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. AUDIO/VISUAL STATEMENT: DRONE OPERATION: DECK CHANGING: ADMISSION: USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS Yonkers Montessori School, City of Yonkers & Westchester Aquatic Club , Metropolitan Swimming Inc., USA Swimming Inc., their agents AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

The current USA Swimming Rules and Regulations will apply.

The USA Swimming Code of Conduct is in effect for the duration of the meet.

The overhead start procedure may be used at the discretion of the meet Referee.

**AUDIO/
VISUAL
STATEMENT:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

MAAPP:

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Officials and timers briefing:

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible.
- Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director.
- [IF ONLY ONE LOCKER ROOM/RESTROOM] Make sure you are not alone with an athlete in the locker room, including to use the restroom. Be proactive and tell the meet director immediately if this happens, even when it occurred through no fault of your own. Separate times have been delegated for your use.
- [IF MULTIPLE FACILITIES] There is a separate locker room/restroom for athletes and all other adults. Make sure that you are only using the facility marked for you.

Coaches briefing:

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.

**DECK
CHANGING:**

Deck changes are prohibited.

ADMISSION Spectator Area - Limited to 150 Adults ONLY, 1 Spectator per athlete - Must Provide Proof of Covid Vaccine or a Negative PCR Test dated no earlier than October 20, 2021 & temperature check upon entry. Adults \$10.00 The stands must be cleared after each session.

The Event will be livestreamed, a link will be provided to the attending teams.

MERCHANTS Parent Food Concession. Metro Swim Shop

PARKING: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

DIRECTIONS **DIRECTIONS: from the North (choose 1 from below)**

Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

DIRECTIONS: from Long Island

Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

DIRECTIONS: from NY City

87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

October 23, 2021 - Session 1 - Distance Session - 2:00 pm w/u & 3:00 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
1	10&U 200 Free Relay	2
3	11-12 200 Free Relay	4
5	Open 200 Free Relay	6
7	8&U 100 IM	8
9	9-10 200 IM	10
11	11-12 200 IM	12
13	Open 200 IM	14
15	8&U 100 Free	16
17	9-10 200 Free	18
19	11-12 200 Free	20
21	13 & Over 500 Free	22

* 500 Free maybe limited to 4 fastest heats & must provide your own timer.

8&Us Swimmers may swim 2 Individual Events and 1 Relay

9-10s Swimmers may swim 2 Individual Events and 1 Relay

11-12s Swimmers may swim 2 Individual Events and 1 Relay

13&Overs Swimmers may swim 2 Individual Events and 1 Relay

October 24, 2021 - Session 2 - 11-12 & 13 & Over Session - 9:00 am w/u & 10:00 am Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
23	13&Over 200 Medley Relay	24
25	11-12 200 Medley Relay	26
27	13&Over 100 Free	28
29	11-12 100 Free	30
31	13&Over 100 Back	32
33	11-12 100 Back	34
35	13&Over 100 Fly	36
37	11-12 100 Fly	38
39	13&Over 100 Breast	40
41	11-12 100 Breast	42
43	13&Over 50 Free	44
45	11-12 50 Free	46
47	Open 400 IM*	48

*400 IM maybe limited to 4 fastest heats & must provide your own timer.

Swimmers may swim 4 Individual Events and 1 Relay

October 24, 2021 - Session 3 - 10&U & 8&U Session - 2:30 pm w/u & 3:30 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
49	10&U 200 Medley Relay	50
51	8&U 100 Free Relay	52
53	10&U 50 Free	54
55	8&U 25 Free	56
57	10&U 50 back	58
59	8&U 25 Back	60
61	10&U 50 Breast	62
63	8&U 25 Breast	64
65	10&U 50 Fly	66
67	8&U 25 Fly	68
69	10&U 500 Free*	70

* 500 Free maybe limited to 4 fastest heats & must provide your own timer.

Swimmers may swim 4 Individual Events and 1 Relay

Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____